

# Handling Tough Times

## Tools for Women

### A FREE WORKSHOP

Managing your finances, stress and career during tough economic times can be overwhelming. This **free** all day workshop will help you develop tools to effectively ride out the recession. Topics include:

#### **Personal Finance: Tips on ways to stretch your money and manage it during lean times.**

*Presented by Andrea Misiano, Consumer Counseling Northwest; certified in credit, bankruptcy and housing counseling. Specializes in Reverse Mortgage and pre-foreclosure counseling. Frequently on radio talk shows and TV stations, educating the public on money matters.*

#### **Managing Stress: Techniques to help you handle the life transitions of downsizing and its impact on the family, and returning to the workforce.**

*Presented by Diane Tatum, M.A.; counseling practice for 17 years, specializing in life transitions, grief and loss, and assertiveness training*

#### **Job Searching: Tactics and strategies to help you hear "You're Hired!"**

*Presented by Carla Campbell, B.A., Human Resources Director, member, National Association of African Americans in H.R.*

Wednesday, June 3, 2009

8:30 am to 4:00 pm

Tukwila Community Center

12424 - 42<sup>nd</sup> Avenue South

Tukwila, WA 98168

The workshop is **FREE** to the public

Information, Registration and Map on-line **KCWAB.EVENTBRITE.COM**

Space is limited - please register by Sunday, May 31, 2009.

**Continental breakfast and lunch will be provided.**

No childcare provided.

*Reasonable accommodations/translation services if requests received prior to 4 P.M. Wednesday, May 20.*

*Please call 206-263-9064 if you do not have access to a computer to register at [www.kcwab.eventbrite.com](http://www.kcwab.eventbrite.com)*



**King County**



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